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Navy & Marine Corps Medical News (MEDNEWS)
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This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this e-mail is encouraged.

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MN97097: After-Hours Clinics at Halyburton Naval Hospital
CHERRY POINT, NC -- The Halyburton Naval Hospital will be conducting an after-hours women's health clinic every Thursday night and a Pediatrics Clinic every Saturday morning beginning April.

The extended hours are part of the hospital's initiative to improve access to care for eligible beneficiaries.

The evening women's clinic will be held Thursdays from 4 p.m. to 10 p.m., in the hospital's OB-GYN clinic.

"This is a great opportunity for eligible women who live in the Cherry Point area to take advantage of better access to health care," said CDR Theresa Danscuk-Sloan, a Women's Health Care Nurse Practitioner and the clinic's coordinator.

"The expanded hours should make it more convenient for working women and those with children," she said.

The Naval Hospital's Pediatric Clinic will be open on Saturdays from 9 a.m. to noon starting Apr. 5.

"It's part of our effort to expand availability and to make appointments easier on parents' schedules," said LCDR Danette Svobodny, head of Ambulatory Nursing. "We plan to

see approximately 20 children every Saturday," she said.

Weekend services in the Pediatrics Clinic include health maintenance type appointments such as "well baby," school and sports physicals.

Evening services at the Women's Health Clinic include general physical exams such as mammograms, cholesterol screening, pap smears and family planning advice.

Follow-up, acute and routine appointments will be scheduled during regular working hours during the week.

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MN97098: Giving the Marine Corps the Boot

QUANTICO, VA -- Marine Corps Systems Command (MARCORSYSCOM) is taking a significant step to improve Marine footwear. The demands of Marine Corps life wear out Marines' boots and take a toll on their feet. However, Naval Health Research Center (NHRC) laboratory tests and field tests at San Diego and Parris Island recruit depots show that comfortable, foot-healthy boots can also meet these demands.

NHRC, in San Diego, CA extensively tested many commercial boots to determine the best qualities.

"We tested the soles, insoles, uppers, and materials," said CDR (sel) Richard Shaffer, MSC, of NHRC. "We evaluated the durability, stability, cushioning, flexibility, traction, breathability, and break-in time."

Some 1,000 Marines field tested the top five brands. The selected best boot should be issued starting this summer, according to Major Dave Ruiz, project officer for Individual Combat Clothing and Equipment, MARCORSYSCOM.

The new boots break-in easily, produce less blisters, and are more comfortable than the current boots. Although injuries from the old boots versus the new ones have not been studied, laboratory tests show that the new boots should reduce musculoskeletal overuse injuries such as stress fractures and tendonitis which often plague the infantry.

"The best boots are tailored to fit each individual," said Ruiz. However, it is not feasible for every Marine to get boots tailor made. But they can have the next best thing -- boots that have withstood a torturous, two-year test and evaluation process.

The new boot is expected to become part of the seabag issue by fiscal year 1998.

Marines can be assured that the new boots have survived a biomechanical trial by fire commensurate with the rigors they themselves endured at boot camp and will serve them well.

By Vera Ando-Winstead, BUMED Public Affairs

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MN97099: BUMED Shore Sailor of the Year Announced

WASHINGTON - Hospital Corpsman First Class Jill M. Szczepanski, Naval Hospital Corps School, Great Lakes was

recently selected as the 1996 Bureau of Medicine and Surgery Sailor of the Year.

The 34-year-old Chicago native, who is an Instructor at the Hospital Corps School, was one of five finalists to compete for the title.

Earlier this week, the finalists toured BUMED and the nation's capital and had an opportunity to visit many of the historical sites.

The other finalists were HM1 Claro V. Garcia, Naval School of Health Science, San Diego; HM1 Michael L. Gurganus; Naval Operational Medicine Institute, Pensacola; DT1 Sharolyn A. McCraney, Naval School of Dental Assisting and Technology, San Diego; and HM1 Cesar A. Salicrup, Bureau of Medicine and Surgery.

Szczepanski will represent BUMED for the CNO Shore Sailor of the Year program.

By Kimberly Allen, BUMED Public Affairs

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MN97100: Labor And Delivery Center Born at Okinawa

OKINAWA -- After three months of labor, U.S. Naval Hospital Okinawa gave birth to a new labor and delivery center.

"The old center had (only) two birthing rooms and three labor rooms," said LT Kirsten Harvison, NC, the center's division officer. "The new center has rooms (that can handle) labor, delivery and recovery. This way, patients are able to settle in. They do everything in one room, and they don't have to move all of their stuff."

In addition to a renovation, the center was also recored to make the surroundings more pleasant for moms-to-be and new moms and infants. The redecorating was done by a team of volunteers, including the Marine Officers' Wive's Club, labor and delivery center, Catholic Women of the Chapel, Camp Courtney, Friends of the Storks Nest, Naval Officers' Spouses Club, and U.S. Naval Certified Nurse Midwives.

While the renovation and redecoration has been a wonderful gift for the patients, according to Harvison, the staff is enjoying the new surroundings, too.

"It's nicer to look at and be apart of," said Harvison. By LCPL Victoria Newman, Camp Lester, Okinawa

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MN97101: NOMI Team Supports Shuttle Mission

PENSACOLA, FL -- A Navy team of physicians from the Naval Operational Medicine Institute (NOMI) has been tapped to support the next space shuttle launch.

The team, lead by CAPT Daniel Callan, MC, and assisted by CDR Jay Phelan, MC, LCDR Tom Brown, MC, and LT Rebecca Sands, MC, will leave for Patrick Air Force Base near Cape Kennedy on Apr. 1 for two days of prepartion before the launch of NASA Shuttle Mission STS-83, which is scheduled for Apr. 3.

The four will be the first all-Navy medical support

team, serving aboard the helicopters that fly as "stand-by" for the shuttle.

"Our mission will be to man the helicopters that are standing by in case there's a problem," said Callan.

Callan said that one physician will be on each helicopter. A physician and the helicopter crew are in the air, ready to assist if the astronauts need help, and they also stand by to assist personnel who support the take off if it's needed.

"For those of us who are aerospace medicine trained, this is what we train for, work for. We love to do it," said Callan.

Callan said that he and Phelan have helped out on launches and recoveries seven to ten times before, but Brown and Sands are relatively new to the job.

By Felicia Sturgis, NOMI

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MN97102: Yokosuka Hospital and USS HEWITT Wardroom Team

YOKOSUKA -- U.S. Naval Hospital Yokosuka nurses visited the wardroom of USS HEWITT (DD 966) recently as instructors in what one HEWITT officer called "basic life support."

The instructors, including LTJG Patricia Hasen, NC; LT Sakae Suralie, NC; LT Mike Simons, NC; HM1 Jose Jamero, HM3 Paul Sexton, and HM3 Brandon Larsen, provided instruction in coronary heart disease prevention and then taught cardio-pulmonary resuscitation (CPR) to the ship's officers.

Bringing CPR training to the deckplates was especially appreciated by the ship's wardroom.

"I would hate to be in a situation where I could have done something to help someone, but I didn't know how," said LTJG Ashley Steele, HEWITT's electrical officer.

BY ENS Kevin O'Leary, USS HEWITT

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MN97103: Navy Medical Department Flag Promotions Announced

WASHINGTON -- The results of the Reserve 07(Nurse Corps), Reserve 08(Senior Healthcare Executive) and Active 08(Senior Healthcare Executive) results are out. Congratulations to following six flag officers for their selection:

ACTIVE 08 (SHE)

-- RADM (SEL)Joan M. Engel, Bureau of Medicine and Surgery
-- RADM (SEL)Jerry K. Johnson, Bureau of Medicine and Surgery

RESERVE 08(SHE)

-- RADM (SEL)Douglas L. Johnson, Bureau of Medicine and Surgery
-- RADM (SEL)Jan H. Nyboer, Bureau of Medicine and Surgery
-- RADM (SEL)Paul V. Quinn, CINCLANTFLT

RESERVE 07(NC)

-- RDML(SEL) Karen Harmeyer, Naval Hospital Bethesda Det 106
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MN97104: DOD Airs Case Study on Gulf War Investigation

WASHINGTON -- The first Department of Defense (DoD) case narrative on Gulf War illnesses, released Feb. 25, describes U.S. military destruction of Iraqi munitions after the war. It details subsequent United Nations Special Commission inspections of the weapons storage site at Khamisiyah, Iraq, which revealed the presence of chemical weapons, and the ongoing public inquiry.

Dr. Bernard Rostker, DoD special assistant for Gulf War Illnesses, said the narratives will help DOD keep the public informed of its efforts to better understand the nature and causes of Gulf War illnesses.

"This ... and future narratives are not intended as final reports," Rostker said. "This is an interim report about what we currently know about Khamisiyah." Rostker said this first and future case narratives about Gulf War issues and events would be posted to the "Gulf Link" Internet site at <http://www.dtic.mil/GulfLink/> as they are completed.

Besides keeping the public informed, Rostker hopes the narratives will encourage Gulf War veterans to come forth with any more information to help the investigation. The web site boldly displays the Gulf War incident hot line number: (800) 472-6719.

By Douglas J. Gillert, American Forces Press Service

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MN97105: TRICARE Question and Answer

Question: I'm enrolled in TRICARE Prime. My Primary Care Manager (PCM) won't provide me a referral for specialty services I believe I need. What do I do?

Answer: The TRICARE Prime program has provisions for second opinions. Additionally, if you are dissatisfied with your PCM, you can request assignment to another PCM.

If you are still not satisfied, you can file a complaint or grievance regarding the non-availability of service decision to the military treatment facility Commander or Regional Lead Agent.

Finally, you have the alternative of using the Point-of-Service option under Prime. A retroactive reimbursement may be an option through a successful appeal process.

Additional information on TRICARE is available on the Department of Defense (Health Affairs) home page on the World Wide Web at <http://www.ha.osd.mil>.

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MN97106: Healthwatch: Take Care of Yourself

What does the term "self-care" mean to you? Knowing how to treat minor cuts, bruises and colds? Periodic monitoring for high blood pressure, cancer of the breast, or glaucoma? Knowing when to go to a health professional for assistance? Actually, it means all these health practices

and more. Self-care is all of the health-related decision-making that a person does to be healthy.

According to researchers, it is estimated that up to 40 percent of the conditions seen by physicians could be managed with self-care. Through education and the use of self-care books, you can learn to make decisions that will keep you healthy, save you time, and reduce your need for medical care. For example, use ice on a bee sting, elevate a swollen foot, use a cool sponge bath to bring down a fever, and apply emergency techniques to stop bleeding.

Self-care also includes seeking early medical treatment of conditions that are beyond the scope of self-care and knowing how to manage chronic conditions.

Additionally, self-care means identifying preventable health risks and choosing healthy lifestyle practices. Habits such as physical fitness, good nutrition, stress management, tobacco cessation and limiting alcohol consumption are essential aspects of self-care. Taking care of yourself also means using good safety practices at home, at work and while riding in or driving a car. These include properly storing foods, medications and household products; reporting faulty equipment at work; and wearing your seat belts. Here are some self-care tips to treat common complaints:

To treat an ordinary sore throat:

1. Use a warm water and salt gargle (mix 1/4) tablespoon of salt with 2 cups of warm water). This will soothe the throat and decrease swelling.
2. Use a non-aspirin pain reliever.
3. Use lozenges or spray to numb the throat (not recommended for asthma sufferers).
4. Drink plenty of fluids (e.g., water, popsicles, soup, fruit juices).

To reduce the pain and swelling of an injury:

1. Apply cold -- not heat -- as soon as possible.
2. Use a flexible gel pack or bag of frozen vegetables wrapped in a towel to protect the skin. Stop once the skin is numb - no more than 20 minutes.
3. Reapply cold every two waking hours for the next two to three days.
4. Use the RICE formula:
 - Rest the injury.
 - Ice the injury.
 - Compress (wrap) the injury with an elastic bandage.
 - Elevate the injury.

By CAPT Judy Harris, NC, USNR, and Kimberly Allen, BUMED
Public Affairs

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Note: Public Health Week is April 7-13. This week recognizes the invisible but essential public health professionals that work together to create conditions that are conducive to health and to educating people about healthy lifestyles.

Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.

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